



Blood Drive

Wednesday, July 18th, 2:00 - 7:00 PM

Whipple Free Library

The annual NBFD Auxiliary sponsored Red Cross blood drive is scheduled for Wednesday July 18th from 2-7 pm at the Whipple Free Library. There is always a need for blood and your single donation may save 3 lives. Donors will enjoy sandwiches, fruit, pizza and make your own ice cream sundaes!

New Location ~ Air Conditioned

Breeze through your donation by making an appointment in advance. Go to <http://www.redcrossblood.org/> enter sponsor number **2987** and click the **Make a Blood Donation Appointment** box. Online appointments are accepted up to 48 hours prior to the drive.

The Red Cross reminds you: Hydrate! Think Iron! Positive ID! Begin hydrating 3 days before you donate. This makes your veins more accessible, it can speed up the donation process. A week or two before the 18th eat iron rich foods including raisins, Total cereal, Luna bars, beans, peas, dried fruits, red meat, peanut butter and fish. Skip the ice tea a day or two before the drive, caffeine will deplete your iron. Bring your donor card or 2 forms of ID. The basic requirements to donate are a minimum age of 17 (no maximum age), weigh at least 110 pounds and be in good health the day of your donation. If you are diabetic or have high blood pressure and have it under control with medication you may donate. You can donate every 56 days. If you have medical questions regarding donating feel free to call the Red Cross at 1-800-462-9400. For questions about the drive contact Kim Merron 487-3528.

We look forward to seeing new donors as well as those loyal donors who come every year. Join us to help save lives while enjoying pizza and sundaes

